

# **WEIGHT CONTROL PROGRAM**

**ANALYZE THE UNIT WEIGHT  
CONTROL PROGRAM**

# **WEIGHT CONTROL PROGRAM PRIMARY OBJECTIVE**

**To ensure that all personnel:**

- **Meet the physical demands of duties under combat conditions.**
- **Present a trim military appearance at all times.**

# **COMMANDERS'/SUPERVISOR S' RESPONSIBILITIES**

- **Implement the Army weight control program.**
- **Ensure continued evaluation of all soldiers.**
- **Maintain data on their soldiers.**
- **Encourage soldiers to establish personal weight goals.**

# **OVERWEIGHT PERSONNEL STATUS**

- **Non-promotable.**
- **Not assigned to command positions.**
- **Not authorized to attend professional or civilian schooling.**
- **Personnel overweight when they arrive at any DA board select school will be disenrolled.**
- **Personnel overweight when they arrive at a professional school (not DA or PCS) will be disenrolled and reassigned.**

# SCREENING

1. Enter Wt Prg

2. Flag

3. Nutrition  
Coun.

Meets  
Height/Wei  
ght Table

N  
O

NO

YES

Meets Body  
Fat  
Standard

NO

Medical  
Problem \*\*

NO

YES

Appearan  
ce

YES

Satisfact YES

ry

U639\OCT03\VGT-  
5

No  
Action

Medical\*  
\*

Treatme  
nt

# ACTIONS

A	Wt Loss in Any 2 Consecutive Mos	YES	Sat Progress in 6 months	YES	Meets Body Fat Std.
				A NO	
	NO		NO		
			YES	Medical Treatment	YES
NO	Medical Problem				
	Meets Body Fat Std		YES		
NO	Below Ht/Wt Table		YES	Remove From Wt Program	
	Consider Separatio n	NO	A		
		A	Enroll/continue weight		